



# Analysis of Kids' Athletics implementation in Wallonia

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## Introduction

Track & field competitions for children in Belgium


60m sprint      Long jump      Hockey ball throwing

### What is wrong with it ?



### 3 Introduction


Track & field competitions for children in Belgium



60m sprint

↓


10 sec



Long jump

↓

3 trials (20-30sec)



Hockey ball throwing

↓

3 trials (20-30sec)


Total < 60sec during competition

Time spent on site : 2 to 5 hours

1 → Very low motor engagement !

### 4 Introduction


Track & field competitions for children in Belgium



60m sprint

↓


Performance  
Risk : false start



Long jump

↓

Performance  
Risk : fault



Hockey ball throwing

↓

Performance  
Risk : fault

2 → Risky activity based on performance !

## 5 Introduction

Track & field competitions for children in Belgium



60m sprint



Long jump




Hockey ball throwing

➔ **Miniaturized adult model of competition**

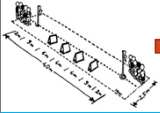



- ✓ Not based on motor learning
- ✓ Not based on participation
- ✓ Risk of pressure and anxiety
- ✓ Not meeting Long Term Models recommendations (Côté, 2015, DLTA, ...)

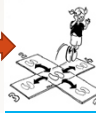
## 6 Introduction

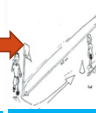



IAAF recommendation since 2002 =

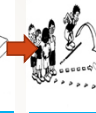
  
Hurdles Relay


  
Throwing

  
Cross jump

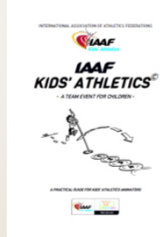
  
Relay

  
Rocket throwing

  
Long jumps

  
Endurance

- ➔ Team event for children
- ➔ 6 to 8 athletics games base on fundamentals and athletic learning
- ➔ No individual performance, no PB BUT team ranking
- ➔ At the end of the meeting : Diploma + social drink and snack



(IAAF practical Guide)

➔ **KA = More adapted model of competition for children !**

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## Problematic in Wallonia

- Kids' Athletics is well known BUT it has not already been selected by the Wallonian federation as the gold standard.
- Why ?

### Aim of the study

- To analyze the perceived interest of a group of experts about KA
- To identify the strategies that could be envisaged for KA implementation in Wallonia.

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## Methods



- Semi-structured interviews were conducted with 14 athletics or marketing experts
- Interview includes the following subjects:
  - brief presentation;
  - knowledge about KA
  - personal experience with KA ;
  - opinion about KA model in comparison with the traditional one
    - Perceived interest about organization
    - Perceived interest about children
  - strategies that could be helpful to implement KA in Wallonia.

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## Results

1. Knowledge and experience with KA

- ▶ 12/14 experts know KA model of competition
- ▶ 9/14 experts have already organized KA in their club
- ▶ None have already organized official KA competition

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## Results

2. Perceived interest of KA model about ORGANIZATION

👎  
New Concept  
Limited Nb Children  
Volunteers required

👍 / 👎  
Incomes ?

👍  
Any official  
Flexible  
Limited cost  
Transportable equipment  
Limited duration

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## Results

3. Perceived interest of KA model about CHILDREN

Any information on individual progression

Any direct opponent

Any learning on competition

Any personal best/ranking

Any specialization

Team competition

Amusement

Based on Participation

Adapted exercises

Motor engagement

Low pressure/anxiety

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## Results

5. Strategies for KA implementation in Wallonia

- Introduce KA in official competition programme
- Promote KA organisation in clubs and on website
- Promote the interest of KA in each involved population (coachs, officials, parents,...)
- Increase the information about KA during coach trainee
- Develop and share files on KA events and organization
- Make adapted equipment available for organizing clubs
- Develop a "quality label" for organizing clubs
- Start with the most convinced clubs

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## Conclusion

- ✓ The study confirms the interest of KA
  - ✓ for organisation reasons
  - ✓ as it's more adapted to the children.
- ✓ KA has to be actively promoted by the Wallonian Federation
  - ✓ Critical to introduce KA in the official calendar
  - ✓ We should start first with the convinced clubs.
  - ✓ Clubs which are organizing KA should be valorized.



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## Thanks for your attention

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